

If you love to run and benefit a great cause at the same time, the **YMCA Spring Run** is for you!

The Spring Run offers a challenging, scenic, and certified 10K route, as well as a 2 mile neighborhood route for the whole family. The morning kicks-off with a non-competitive half-mile Kids' Run!

The race starts and finishes at the State Capitol. Enjoy spectacular views of the lake while celebrating the beauty and uniqueness of Olympia. Walkers are welcome.

Detailed course maps and instructions can be found at southsoundymca.org.



REGISTER AS A TEAM!

Team coordinators who register 20 or more people as a group can earn a **FREE** pair of shoes courtesy of **South Sound Running**. A required Team Entry Form and instructions can be found at southsoundymca.org.



THE PUBLIC AGENCY CHALLENGE

The Public Agency Challenge is open to employees, retirees, spouses, and families of all local, state, and federal agencies—help your agency win the Challenge! There are three ways to win!

Team Participation—The agency with the most registrants by the deadline.

Team Spirit—The agency that displays the most spirit and creativity on race day.

Team Speed—The agency with the Fastest runners.

DISTANCES

10K Certified run/walk
2 Mile run/walk
1/2 Mile Kids' Run

START TIMES

8:30 a.m.—Kids' Run
8:45 a.m.—10K & 2M

REGISTRATION DEADLINE

Wednesday, April 23
\$5 late fee after the deadline

THREE WAYS TO REGISTER

In person

At either South Sound
YMCA Branch

Online

southsoundymca.org

Mail

YMCA Spring Run
510 Franklin Street SE
Olympia, WA 98501

FEES

\$27—10K & 2 mile*
\$10—Kids' Run
*Includes tech shirt!

PACKET PICKUP

Friday, May 2
11 a.m. to 6 p.m.
Downtown YMCA

FOR MORE INFORMATION

360.357.6609

2014 YMCA SPRING RUN REGISTRATION

Entry Type ☐ Individual ☐ Agency/Team

First _____ Last _____

Age as of 5/3/2014 _____ Gender ☐ M ☐ F

Address _____

City _____ State _____ Zip _____

E-mail _____

Phone _____

AGENCY / TEAM INFORMATION

Agency _____ Team Name _____

Team Coordinator _____

DISTANCE

☐ 10K
☐ 2 Mile
☐ Kids' Run

SHIRT SIZE—Mark one

☐ YS ☐ AXS ☐ AL
☐ YM ☐ AS ☐ AXL
☐ YL ☐ AM ☐ AXXL

SPRING RUN RELEASE AND WAIVER

In consideration of my participation in the Spring Run held on Saturday, May 3, 2014, in downtown Olympia ("the Event"), and for other good and valuable consideration, the undersigned participant or his/her parent/guardian, having actual knowledge and conscious appreciation of the dangers, risks, responsibilities, requirements, and duties, do hereby expressly and voluntarily consent to participation in the Event, and hereby hold harmless, release and forever discharge the South Sound YMCA and all of its successors ("The Released Parties") from any and all claims and demands whatsoever, which I, the participant, and my heirs, representatives, executors, administrators, or any other persons acting on my behalf, may have against The Released Parties, by reason of any accident, illness, injury, property loss or damage, or any other consequences arising or resulting directly or indirectly from my participation in the Event. Furthermore, I specifically release and hold harmless The Released Parties, their agents, directors, employees, and other personnel from any and all liability connected with the Event and assume risks, liabilities, and responsibilities for any and all accidents, injuries, and/or property losses arising therefrom.

I HEREBY REPRESENT THAT BY READING THIS RELEASE AND WAIVER, I FULLY UNDERSTAND AND ACKNOWLEDGE THAT I AM RELYING WHOLLY UPON MY OWN JUDGMENT, BELIEF, AND KNOWLEDGE OF THE CIRCUMSTANCES INVOLVED IN MY PARTICIPATION IN THE EVENT, AND THAT I HAVE READ THIS STATEMENT, UNDERSTAND ITS CONTENTS, AND EXECUTE IT VOLUNTARILY.

Signature of Participant (or parent/guardian if under 18 years of age)

Date

OFFICE USE ONLY

eFinnestri: 14RUN

☐ Entered?

☐ Waiver?

Received by _____ Date _____



SOUTH SOUND YMCA
1530 YELM HIGHWAY SE
OLYMPIA, WA 98501



Endorsed by the Club Oly Road Runners!

Run for a Good Cause!

All proceeds from the Spring Run benefit the creation and expansion of youth development programs at the YMCA.
Thank you for your support!

SOUTHSOUNDTMCA.ORG



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

27TH YMCA SPRING RUN & Public Agency Challenge

SATURDAY, MAY 3
OLYMPIA, WA

Certified 10K
2 Mile Run/Walk
1/2 Mile Kids Run

**REGISTRATION
FORM**